



A

BRIEF

TREATISE TOV

ching the preservation of

the eie· sight, consisting partly

in good order of diet, and partly

in vse of medicines.

The sixte Edition.



AT OXFORD,

By IOSEPH BARNES, Printer to

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ccasioned thorough
certain speeches had
with some of mine
Honourable good
friendes, to write mine opinion
of meanes to preserue the sighte
in good integrity, I haue perfor-
med the same in this little pam-
phlet, wherein I haue directed
my pen rather to leaue rules for
those, vvhich haue not in them-
selues sufficient knowledge, the
to satisfie the learned: vvhich I
knowe can devise much better
meanes & remedies. And my in-
tent beeing only to set downe

some order, as may be fittest for
all sortes of men to continue in
perfection their sighte, I thought
not good to insert any discourse
of the diseases of the eies, which
will require a long treatise, and
cannot well be executed, but by
men which haue skill in the arte
of physicke. Therefore it seemed
meete vnto me at this time
to omit that part, and to leaue
the reader for the knowledge &
cure of such diseases to the pro-
fessors thereof, by whose helpes
they may receiue remedy of all
infirmities and affectes, vvhich
shall happen to the eies: purpo-
sing in this little treatise onely to
declare, how the sight might bee
long

long continued in his integrity,
by such common order as may
of all men in their trade of life
bee reasonably followed, lea-
ving all other harder matters to
a farther direction of the lear-
ned And now following the lau-
dable custome begun in anci-
ent time, and continued in these
our daies of presenting friendes
with new=yeares gifts, for lacke
of other things of greater price,
I offer vnto you this little pam-
phlet, as a signification of my
good wil, wishing that the same
may be a tokē of many good &
prosperous yeares, which God
the giver of all goodnes,
send vnto you.

The author was
Doctor Baile physick
an to Queen Eliza
beth, King James;
and King Charles;
the first.

A breefe Treatise concerning
the preservation of the
eye sight.



He preservation of
the sight doth cō-
sist, partly in good
order of diet, part-
ly in vse of medi-
cines.

Concerning diet: Diet
some thinges hurt-
ful are to be eschue

ed, & some things comfortable to the sight
are to be vsed: wherefore they, which may
chose their habitations, in this respect, may
make election of aire cleare, declining to ^{Aire}
moderate heate & drynesse: cold & moyst
aire, & thicke, misty, and rayny weather is
hurtfull: it is best therefore to abide in drie
places, frō moory, marish, & wattrish grounds
& specially to provide, that the site of the
dwelling be not betweene the wet places
and the sun: southerne windes do hurt the ^{Windes.}
sight: so do low roomes: places full of dust ^{Dust}
and smoakie are noysome. ^{Smoke.}

^{Meates.}

Meates are best which are easie to bee
digested, & which doe not stay long in the
stomacke:

stomacke:amongest such a young henne is greatly commended: so is Partridge and Pheasant. *Rasis* praiseth the young starne, & the quail: so doe all writers the Doue both tame and wyld, but chiefly the wyld Doue, which (as *Zoar* writeth) hath especiall vertue against the weakenesse of the sight, which commeth by defect of spirites, and the rather, if the same be sod with rape rootes, and turnep rootes: for it is accorded by all writers, that the turnep hath greate facultie to doe good to the eies, and to prelerue the sight. Grosse and slimy meates, and all water-foule are dispraised. Of small birdes, the martin, the swallow, the iay and pie, the witwall, the specht are noted very hurtfull to the sight: and albeit these birds are seldome, or not at all vsed of the better sort, yet common people happily may be compelled to eate them. No fish is accounted good: yet some fishes, which doe skoure in grauely places, being sauerly sodden with white wine, fenel, eiebright, sage, persie, &c. may at some times be eaten: & so a litle fault-fish moderately taken doth no great harme. Flesh sodden with fenell, eiebright, mintes, sage, &c. is reputed best;
next

Fish.

Prepara-
tion of
meates.

next are roasted meates, flesh fryed with butter or oyle is to bee reiected, then trals, and feete of beasts are not so good, nor the braines for the most part, yet the braines of an hare, of a cony, and of pigeons are said to quicken the sight.

Milke and all things made thereof are found by experience to induce dimnesse of sight: reare roasted, reare sodden, or poched egges are holesome, especially eaten with the powder of eiebright, fryed egges and hard are blamed.

Of sauces, veriuiice, viniger of wine, and the iuice of limonds, are accompted best; Pomgranats, not so good.

Of spices, cinnamon is commended, as speciall good for the webbe of the eie, and for dimnesse of the sight: so is saffron; ginger, both inwardly taken, and outwardly applyed, doth singularly cleare the sight: cloues, mace, and nutmegs, and all three kindes of peppers, may bee vsed.

Suger is convenient to condite things, but honie is better: no oile is good, saue pile olue called sallet oile, and that is better the butter.

Albeit few raw hearbes in common vse

Intrals.

Braines.

Milke.

Egges.

Sauces.

Spices.

Suger.

Honie.

Oile

Butter.

Raw herbs.

for

Capers.
Oliues.
Rootes.

The Rape
& Turnep.

Fruites.
Peares.
Apples.

Figges.

Raisons.

Nuts.

for fallers are commended, except fenell, cie-bright, young sage, terragone, which are very good: yet these are to be avoided as most hurtfull, namely lettis, coleworts, cabbages, beets, spinage, purslane, buddes of dill, garlike, chibbols, onions, skalli- ons, &c. Capers may be eaten: Oliues not so good: radish rootes, persnep rootes, are greatly dispraised: carrot rootes, the buds of asperage may bee eaten, but the turnup or rape roote, and the navew roote are a- boue all other noted for excellencie to preferue the sight, and to that purpose ma- ny doe preferue with sugar these rootes, & eate them as sucket.

The most kindes of fruits are hurtfull to the sight: yet peares and the better kindes of apples, may bee eaten with the powder of ciebright, or with fenell seeds thinly in- crusted with fine sugar: figs are very good, not only for the sight, but also to open, scoure, and to cleanse the brest, liuer, sto- macke and kidneies: so are raisons, which haue a speciall propertie to strengthen the liuer: nuts are very evil, for that they do fill the head: the walnut more tollerable then the hasell nut, chestnuts are very windie, bet.

better friendes for *Venus*, then for the eyes:

dates are not commended, nor mulberies. Dates

Cōfectes made with fine sugar & thinly Confects.

incrusted about with turnep seedes, & na-

vew seedes, fenil seedes, anise seedes almonds,

pine. aple kernels, ginger, cinnamon, the

powder of eiebrighr, &c. are reputed as

very good meanes to continue the sight:

likewise in the preservation of the sight, a-

mongst other things, such drinckes, as are in

common vse and accustomed, are to be al- Drinkes.

lowed: therfore he that hath vsed to drinck

beer, may not forsake the same & so of ale. Beere.

And in this respect it is not amis at meat

to drinke wine, for them which haue been

accustomed to the same: although wine in Wine.

some affectes of the eyes is forbidden, yet

to preserve the sight, wine is not inconve-

nient, for the vapours of wine are drying,

cleare abstersiue, & so do consume and ex-

tenuate grosse and thick humours, so it bee

moderately takē. In this place I do great-

ly commend their counsels, which do pre-

pare medicinable drinckes with eiebrighr,

& other thinges comfortable for the sight, Medicinal

to be vsed in the morning, and at meates, if drinckes.

the pacient can well endure so to drinke

the

the same: our authors herein are very ingenious, some addressing drinckes vvith one thing, and some with another.

Drinke
made with
eiebright.

*Arnoldus de
villa noua.*

The praise
of eie-
bright for
the sight.

Eiebright
VVine.

The simplest and most vvritten of, is vvith the herbe called of the Arabians *Adhill*, in Latine *Euphragia*, in English *Eiebright*, of vvhose miraculous vertues in preservation of the sight: *Arnoldus de villa noua* hath vvritten in these vvordes: Eiebright is good any vvay taken, either with meat, drinke or medicine, greene and dry, against all impediments of the sight, whereby the clearenes of the same may be obscured. And hee vvriteth thus of vvine made vvith eiebright, vvwhich hee calleth *Vinum euphragiatum* This vvine (saith he) is made by putting the herbe in the muste or newe vvine, vntill the same wine become cleare to be dronke. By the vse of this wine, olde mens sightes are made young, it taketh away the impedimentes of the sight in all men, of all ages, especially in fat men, and such, which do abound with phlegme.

One (saith he) which was blind, and did see nothing in long time, by vsing this wine one yeare, vvvas restored to his sight. The herbe is hot and drie, and hath by proper-
tie

tie of substance, to remove affectes of the
 sight. And so the powder of the herbe ta- Eiebright
taken in an
egge,
 ken in an egge, or dronken in wine, doth
 vvonderfully performe the same. And
 there are yet alieue (saith he) vvitnesse of
 good credite, vvwhich haue made prooffe
 heereof in themselves, vvwhich could not
 reade vvithout spectacles, by vse heereof
 haue recovered their sight to reade small
 letters. And so *Arnoldus* concludeth, that
 nothing to doe good to the sight, is to bee
 compared with wine made with eiebright.
 If the wine be too strong, hee counselleth
 to alay the same vvith fenell water, and to
 that intention, you may also adde sugar.

In countries vvwhich for their common
 drinckes do vse wine and water, they alway
 do mingle things for the sight in wine, and
 not in water: for wine in truth is a fitter li-
 quor to receiue the qualities and to carie
 the same to the eies, then water: vvwhich
 thinges they do put in the muste, and so let
 it stand, vntill the wine be ripe, and ready Eiebright
may bee
vved in
beere, in
ale, or
meade,
 to be dronken, and so doe vse it.

Not vvithstanding in other countries
 vvwhich haue other vsuall drinckes, the same
 things may be put in their common drincks.
 So

So some haue put them in ale, some in beere, and some in meade, and no doubt but all these meanes are very good according to the vsage and disposition of the partie. So even in this our countrie, they which either by vse or by constitution of body, may wel beare the drinking of wine, may well compound the same with things good for the sight: others of hot complexions and drie, not greatly accustomed to wine, may of ale, beere, and meade make such drinckes, because in the North countries, ale and beere are the vsuall and common drinckes, and in some places, meade also is much vsed: therefore in mine opinion it is convenient for most men, to make these drinckes with ale, beere, and meade, rather then with wine: and meade assuredly is a very convenient thinge for them which can well away with hony.

How eie-
bright
wine may
be vsed.

Touching the direction of those which haue bin accustomed to drinke wine, I do nothing doubt, but that they may without offence beare such drinckes for the sight compounded with wine, to take a draught in the morning, especially if they alay the same with the distilled water of fenell, according

cording to *Arnoldus* counsell. And for this
 purpose, choyse may bee made of verie
 good white wine, and the thinges may be
 mingled in the countries where the wine
 doth growe, notwithstanding in that our
 most vsed drinke with meat is ale, or beere,
 these are very convenient to receiue these
 thinges for the sight, and absolutely better
 then wine, if yee like to drinke the same
 with meate: as our authors doe counsell.
 Which ale I thinke better to be made with
 grout according to the olde order of brew-
 ing. And so the thinges for the sight may
 be sodden in the grout, or other way put
 in the drinke, when it is newly clensed, &
 put into the vessell in vvhich it is tunned
 to be kept, that in the working of the drink
 in the vessell, the vertues and qualities of
 the thinges may bee drawn and receiued
 into the same. VVhen these thinges are
 compounded in meade, then the same are
 sodden with the honie, in such order as o-
 ther herbes are sodden, when they make
 methegline.

The vse of
 ciebright
 ale, and of
 ciebright
 beere.

Ale made
 with grout.

How to
 make cie-
 bright ale
 and beere.

Ciebright
 meade.

I thinke it best to begin with the sim-
 plest order to compound ale or beere to
 ech mans best liking with ciebright onely,

The quan-
tity of eie.
bright to
the drinke

Fenell
seeds

taking to every gallon of the drinke a great handfull of the herbe, and bind it together, or put it in raw and thinne tinsell of filke, and so tie the same by a string to the tap of the vessell, that the herbe may hang in the midst of the drinke, not too low in the grownd, neither too high in the barme, being put into the drinke vwhen it is newlie clemented: let all worke together vntill the drinke be cleare and ripe, to bee drunken according to the common vse, and then ye may drinke of it at pleasure in the morning fasting, and at meate also if you will, and can vwell like thereof; and most men may like to drinke it, because this herbe doeth yeelde no vngratefull taste, but rather with a pleasant sapour doth commend the drinke. It were not amisse to avoide windmes, to every handfull of the herbe, to adde two drammes of fenell seeds, well dusted, and a little bruised. As I do put this for more proportion to beginne vwith-all, that the stomacke be not at the first offended with the strangenes: So after a time, yee may increase the quantitie, and put to every gallon of the drinke, two handfulls of the herbe, vwherein yee may best be directed

rected by the taste, that the herbe shall
yeelde into the drinke. In the winter sea-
son yee may also adde some spices, as gin-
ger, vvhole mace, a few cloues, nutmegs,
cinnamon, and make as it were bragget
ale: vvhich drinke besides that it doth pre-
serue and cleere the sight, will also helpe
digestion, clense and cut phlegme; and
breake winde.

Spices may
be added.

I can witnes, that many by this simple
composition of ciebright and fenell seeds,
haue found great good for their sight, not
onely to continue in good estate, but also
that some haue found remedie against the
dimnes & other impediments, growing in
their sight. In truth once I met an old man
in Shropshire called *M. Hoorde*, about the
age of 84. yeares, who had at that time per-
fit sight, and did read small letters very wel
without spectacles: he tolde me that about
the age of 40. yeares, finding his sighte
to decay, he did vse ciebright in ale for his
drinke and did also eate the powder there-
of in an egge three daies in a weeke, be-
ing so taught of his father, who by the like
order continued his sight in good integrity
to a very long age. I haue heard the same

The effect
confirmed
by exam-
ples.

confirmed by many old mē. *Rowland Sher-
looke* an Irish man, Phisition to *Queene
Marie*, did affirme for trueth, that a Bi-
shop in Ireland perceiuing his sight to wax
dimme, about his age of fifty yeaes, by the
vse of eiebright takē in powder in an egge,
did liue to the age of 80 yeaes, with good
integrity of sight.

Drinkes
more com-
pounded
for the
sight.

VVe do reade of many prinkes to pre-
serue the sight, compounded not of eie-
bright onely, but many moe thinges ad-
ded: so some put to it sage, some veruaine
some celendine, and fenell seedes, anise
seedes, & the forenamed spices: others ele-
campane rootes, iris, galengale & cubebs,
and in truth all these are greatly commen-
ded to preserue the sight, and may very
aptly be put in drinkes for the sight: not-
withstanding, for that we are now to deli-
ver a drinke for the sight, which may bee
pleasing, and allowed with meates, mine
opinion is, that the same ought to be made
as simple as may be. For if *Gallen* in his 6.
booke *de sanitate tuenda*, doth preferre the
composition of the medicine termed *dia-
trion piperiō*, which hath fewest simples be-
cause (as he writeth) that is soonest & with
lesse

The most
compound
not al-
waies best.

lesse trouble to nature digested: surely the
drinckes for the sight, which are compoun-
ded of fewest thinges, are most to bee
commended, especially when we meane to
vse the same with meate, as all our authors
do counsel vs. Wherefore, for my part at this
time, I will onely advise to haue for vse, ei-
ther wine, or ale, or beere, according to
ech mans best liking, made as is before
prescribed with ciebright and fenell seeds,
& to drinke of the same in the morning, or
if it so like with meate, as other drinke.

It is holden better to drinke oft & small
draughts at meate, then seldome & great
draughts; for so meate and drinke will bet-
ter mingle, and the meat wil lesse swimme
in the stomake, which giueth cause of ma-
ny vapors to the head. It is affirmed not
good to begin the meale with drinke, but
to eate somewhat before you drinke.

Drinke of-
ten & small
draughts.

Not best to
begin the
meale with
drinke.

When you drinke wine, if you meane to
alay the same with water, it is best to min-
gle to the wine fenell water, or ciebright
water, & *Montagnana* doth counsell to do
the same some reasonable time before you
doe drinke, and not presently vwhen you
drinke, as commonly men doe.

When to
mingle wa-
ter with
wine

Breade.

Bread in our intention is to bee made of fine flower of chosen wheat, alwaie leuened and salted somewhat more, then common bread, well wrought, thoroughly baked, not new nor old, of about a day or two

**Past with
fenil seeds.**

daies old. Vnleavened bread is not accōpted good: and the bread is better, if fenell seedes be wrought with the past; to which purpose some do cause cakes to be made of some portion of the dowe, in vvhich they knead the powder of fenell seedes, and the powder of ciebright, and doe eate them in the morning, and after drink the ciebright drinke, and make that a breakfast.

Evacuatiō.

As generally in the preservation of health: so especially to continue the sight, it is convenient that the body bee obedient, and doe his office for evacuation accordingly: and if nature herein be slack, it may bee procured with brothes made of loose herbes, as mallowes, violet leaues, mercury, groudsell, great rasons the stones taken out, darnaske prunes and currantes; and if neede be of more medicinall things, surely the same must be gentle: for as strōg medicines, vvhich make agitation of humors are not good to bee vsed for this intention

ention : so gentle medicines taken in due time , doe great good to the sight; which I doe leaue to the appointment and direction of a learned Physitian. Of all manner of evacuation , these which are done by vomiting are most hurtfull : so are fluxes of blood by the nose. And as belkes doe ease the stomacke , so much belking giueth occasion that fumes doe arise to the fore-part of the head, wherby the sight may be harmed.

Nothing is more hurtfull to health then Fulnesse
 fulnes. And he that will continue his sight hurtfull
 good , must bee carefull of over plentifull
 feeding, and therefore must end his meales
 with appetite: and never lay gorge vppon
 gorge, but so feede, that the former meate
 may bee concocted, before hee doe eat
 againe . It is best to make light suppers, &
 somewhat timely . As modest vse of Ve- Vse of Ve-
 nus-
 nus perfourmed in the feare of God in due
 time , when the meate in the stomacke is
 digested , and nature is desirous to be dis-
 burdened, is to be allowed: so immoderate
 and vnseasonable vse thereof, doth of all
 thinges most hurt the sight, and soonest in-
 duce blindness: over much watching is not
 good: sleepe and
 watching.

good: very long sleepes are more hurtfull the meane sleepes of about vij. houres, are best: yet better to abridge the sleepe & to enlarge watching, then contrariwise; sleepe taken in the night is best, as most naturall, when externall aire doth not distract natures motion, and all externall things concur to helpe sleepe, therefore the more houres a man doth borrow of the day for sleepe, the worse. It is not good especially to this our purpose, to sleepe immediatly after meate: for two houres at the least ought to be put between meate & sleep. Best to begin sleepe vpon the right side, & then to turne on the left side: to sleepe vpright vpon the backe is naught generally: to turne vpon the face worse for the sight. Care must bee had that you sleepe not in a chamber, or any place in vvhich the moone doth shine.

The moon
shine hurt-
full to the
sight.

Exercises.

Writing
after meat

Exercises are needfull: the same best, after the bellie hath done his office, that the excrements are avoided: otherwise by exercise vapours are stirred, and doe ascend more plentifully to the head. All exercises must be done fasting, and none after meat. And I wish you might after meat forbear writing

writing by the space of three houres: but if your course of life and calling will not so permit you, you may herein follow *Montagnana* his counsell, to write either standing vpright, or a little leaning and resting your head vpon your right or left cheek: in no case to write bowing your selfe forward, & holding downe the head. When opportunity and time will serue, frictions Frictions. with a rough linnen cloth are verie good, which are to be performed thus: first to rub the feet, the legges, then the thighes, the hips, the buttockes, ascending to the shoulders and necke vvith softe and long rubbings, even vntil the partes begin to wax red. Amongst orders to remooue the weaknes of the sight, *Auicenna* vvriteth that the combing of the heade is not of Combing least force, which ought to be done every every day. morning fasting backwardes against the haire, for it draweth the vapours out of the head, & remooveth them from the sight.

Mirth, ioy, & pleasantnes of the minde is good: a little anger doth not hurte: immoderat sorow, fearfulness, & al vehement affectiōs are forbiddē in al affectes, but in this our case chiefly, as most hurtful to the sight. Affectiōs of the minde.



To preserve the sight by medicines.



THE order to preserve the sight by medicines, doeth consist of things outwardly Outward medicines, applied, & inwardly taken. Amongest outward medicines to preserve the sight, it is accounted a great secret, to smell much to marierum. So these things following, are The smell of marierum. found very much to comforte the sight in staying the visible spirits from wasting: *videlicet*, corall, pearle, the stone called *Lapis Armenius*, spectacles of Christalline or clear Things comfortable to the sight. & pure glasse, green & skie colours, to dip the eies in colde water, to vvhich purpose, many haue cups made in the forme of an eie, called eie cups: & to wash the eies with Eie cups. the waters or decoctions of eie bright, roses, & veruaine. Some other things are put Things put into the eies. into the eies to clear the sight, & to remoue impeiments which do often grow there: to which purpose as approved very good & without hurt, the iuices & waters of eie-bright, of fenell, of veruaine, of marigolds, of pearlwort are greatly commended. And

Mon.

A prepara- *Montagnana* doeth mention a certaine
tion of the kinde of preparation of the iuice of fenell,
iuice of fe- singular good to prelerue the sight from
nell. dimnesse, to take the iuice of fenill in the

Lignis aloes
good for
the sight.

Sal gemma
doth cleare
the sight.

month of Aprill, and to put it in a vessell
of glasse, with a long and narrow necke,
and let it stand fifteene daies in the sunne,
that it may bee well dyled, then remoue
the glasse softly, that you do not trouble
the residue, or groundes, and so powre it
into another vessell: and to every halfe
pound of the iuice, put an ounce of chosen
lignum aloes, beaten into fine powder, and
let it stande other fifteene daies in the sun.
Then straine it twise through a thick cloth
and keepe the clearest in a vessell of glasse
to your vse: you may drop a little hereof
into your eies to cleare the sight. And some
do distill this wood in a stillatory of glasse
and put the vvater thereof into the eies
and holde this for a greate secrete as mira-
culous to prelerue the sight. And the same
Montagnana doeth compounde an other
medicine more abstersiue to remedie the
dimnes of the sight, dissoluing in an ounce
of the vvater of Rosemarie flowers, two
scruples of *Sal gemma* very finely powd

red, and filtered, and counselleth to drop
the same often into the eyes; affirming by
his experience, that it doeth so mightily
cleare the sight that suffusions are thereby
wonderfully remoued, and especially moi-
stures of the eyes.

I am here also in this place for the clen-
sing and strenghtning of the eyes especial-
ly to commend vnto you the frequent vse
of olde and cleare vvhite vvine, in which
the *Calaminar* stone hath beene oftentimes
extinguished; and likewise the pure liquor
of good sugar-candy dissolued in the white
of an egge, being hard rosted and the yolke
taken out.

Also our authors do cōmēd the washing
of the eyes with the vrin of a childe, and
sometimes to drop the same into the eyes.
And for this purpose also they do cōmend
the made, of the ashes of fenell stalkes. We
doe read in all our writers great commen-
tations, of a liquor of the liuer of a goate,
prepared in manner following. Take the li-
uer of a male goat, not diseased, nor newly
killed: and after it is well washed, pricke
it in many places, and fill the same vvith
raines of pepper, and infarce the liuer
with

The vrine
of a childe.

A tie of fe-
nel stalkes.

A prepara-
tion of the
liuer of a
goate for
the sight.

with the leaues of fenell and of eiebrigh
then rost it with a soft fire cleare, not smo
kie, vntill it bee reasonably rosted: and
the time of roasting, receiue the liquo
which doth distil, in a convenient vessel, &
apply the same to your vse.

*Collyrium de
fellybus.* *Avicenna* in his thirde sen. third book
and fourth treatise, *cap. de acbilitate visu*
about all other things doth commend the
medicine called *collyrium de fellybus*, for that
it cleanse the pores of the eies, cleareth
and conserueth the spirites, mundifieth the
moystures or vvaters of the sight: as yo
may reade in *Avicenna* in the foresaid
place.

Inward Medicines.



A powder
for the
sight

Medicines to be takē inward
ly are in number many: but
I thinke best at this time to
mention a few, which are e
sie to be had, & as of gre
efficacy most commended: and
of such the powder following is most si
ple: yet by experience aproved of such force
that many, after their sight hath bin decay
ed, haue by the vse of it, receiued again
the

the same perfectlye : the powder is thus made.

Take of the powder of eiebright ʒ.iiij. of mace ʒ.j. mingle them together, and take hereof the weight of three pence before meate.

Montanus in his 92. counsel giveth great A sirup for praise to a sirupe, against the decay of the the sight, sight through the weakenes and dimnes of the same, which he compoundeth thus.

Take of the iuices of fenel,	} of each ʒ.ij.
of vervaine,	
of roses,	
the leaues of the herbe eiebright	} of each M.S.
of endiue,	
of celendine,	

Boyle the herbes in two pints of water vntill the half be spent : then straine it hard, and mingle the iuices with the decoction, and with sugar according to art make a sirup, which is to bee kept in a glasse vessell. You may take two ounces of this sirup in three ounces of the water of eiebright in the morning fasting. In windy bodies hee taketh the sirup thus,

Take of fenell seedes,	} of each ʒ. iiij.
of anise seedes,	

of

of the herbs of ciebright } of each
 of vervaine, } *M. iij.*
 of rose-leaues,
 of celendine. *M. j.*
 of rhue, *M. j. S.*

boile these in water vntill halfe bee consumed: straine it harde, and with sugar sirup
 pize the decoction: both these sirups are
 excellent good to detende the sight from
 dimnesse.

An excel-
 lent electu-
 ary to pre-
 serue the
 sight

Mesue in his booke called *Grabadin*, writing
 of the diseases of the eies, aboue all o-
 ther medicines extollet an electuary vnder
 der the name of *Humaine*, as having nob-
 vertues to preferue the eies, and to con-
 nue the visible spirites in their clearenesse
 which hee compoundeth thus.

Take the herbe called *Adbit*, that is

ciebright, \mathfrak{z} . ij.
 fenill seedes, Drams, v.
 mace,
 cubebs,
 cinamom,
 long-peper,
 cloues,

of each
 Dra. do
 alti

beate all into powder, searse it, then take
 of good hony clarified, lib. j.

of the iuice of fenill boyled and clarified, ʒj.

of the iuice of rhue,
of celendine
both boiled & clarified,
of each ʒ. S.

}
}

boyle all to the height of an electuary, and then put to it the powders according to art, and so reserue it in glasse vessels. You may take hereof the quantity of Dra. iij, in wine as *Mesue* writeth: If wine seeme too hot, you may allay it with fenill water, or with ciebright water: it must bee taken in the morning fasting: and you oughte to forbear the taking of other thinges, by the space of three houres, and so at night, but then you must make a light supper, & sup the more timely.

Where in this little Treatise mention is made of distilled waters, I wish the same to be artificially done in stillatories of glasse, that the qualities of the herbes may remaine in the distilled waters. And therefore I do not allow of the common manner of stilling in stillatories of lead, by the which the watery parts only are drawne.

Distilled
waters.

FINIS.